FAMILY LIFE

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Values of Premarital Counseling

Does premarital counseling really help people to marry more successfully and if so, in what ways? Answers to these questions are of the highest importance to all engaged in such work and are of far-reaching significance in any widespread attempt to increase the nation's proportion of happy marriages. A survey of clients who came to the American Institute of Family Relations for counseling before marriage strongly confirms the value of such counseling.

Owing to the difficulty and expense of such a survey, the Institute has only undertaken it once, nearly 20 years ago. People move so frequently in Southern California that it is hard to follow them, and this is doubly true of premaritals, who are often not yet sure of where they will live after the wedding and in any event are likely to move again soon as they become established in a business or profession, or need to find more room when the first baby arrives. Charlotte Marletto, one of the Institute's counselors, undertook the labor of such a survey as part of her work for a Master's degree in psychology at Pepperdine College. She sent a questionnaire to 424 persons who had come to the Institute for premarital counseling in the years 1953 through 1957. She assumed that the average length of marriage of these persons,—if they went ahead with the wedding,—would be 5½ years. As a control she selected 100 couples who had come to the Institute with marital problems and who were therefore definitely known to be unhappy in marriage. In addition to the extensive material in the Institute's files, she sent each person in her study a special Marital Adjustment Scale which was developed by sociologist Karl Miles Wallace, now at Los Angeles State College. The author added questions to the Wallace scale, pertinent to premarital counseling. She was able to get replies from 35 percent of the premaritals.

Briefly, the premaritals as a group showed a high degree of marital happiness. They differed most from the less happy controls on the following points (in order of statistical significance): (1) amount and frequency of demonstrations of affection, (2) philosophy of life, (3) friends, (4) satisfaction denoted by "I have never wished that I had not been married,

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(5) sex relations, (6) outside interests in common, (7) recreation, (8) who gives in when an argument starts? Both! (9) in-laws, (10) conventionality, (11) finances, (12) ability and willingness to confide in mate, (13) would you marry the same person again? (14) activities (prefer to stay home, or be on the go).

Women indicated that they considered the counseling on sexual adjustment as the most important feature of the Institute's service, with personality adjustment a close second. Most men put personality adjustment first. Counseling on this point is based on giving the Johnson Temperament Analysis to both persons. They gave almost equal importance, however to counseling on sex adjustment. Women indicated that counseling on the in-law problem was of no value; men gave it a slightly higher rating; but written comments proved that women actually did find much value in counseling on in-laws.

Both sexes dismissed counseling on finances and budget as of little or no importance. Analysis of the data, however, showed a high correlation between this counseling and the actual financial adjustment of the couple after marriage.

Many of the clients wrote of their satisfaction with the counseling as in these excerpts:

". . . without premarital counseling I never could have married my husband. His father is a very powerful, dominating man . . . the counselor made my husband think for himself."

". . . if I did not have counseling I would not be as happy as I am. It pointed out our personality clashes and how to handle them."

". . . counseling did help our in-law problem which now we have completely overcome. We recommend it."

". . . this, my third marriage is working out. Our premarital counseling was of good value, helpful on personality, sexual adjustment, and dealing with in-laws. We are very happy."

It is sometimes said that people who come for premarital counseling would succeed in any case, since they are motivated to do so, and have sufficient intelligence and idealism to want to succeed—their coming for counseling being merely an evidence of this. Undoubtedly there is truth in this hypothesis; but it overlooks the fact that some people come for premarital counseling because they are doubtful (and others are sent by their parents)! One woman wrote, "My experience in premarital counseling was helpful to me in gaining insight into my own personality problems and made me aware of the areas of conflict which would have arisen in my marriage . . . since I felt these were insurmountable at the time, I did not get married."

Mrs. Marletto's thesis gives, in its nearly 200 pages, a valuable review of previous published research on happiness in marriage, as well as an extensive and minute statistical analysis of her own material. She concludes with a point brought out strikingly in her figures—the great practical value of demonstrativeness of affection, which tends to overflow into other

good relationships with friends and in-laws. "The importance of the study," she comments, "might then rest on the significant point to be applied in pre- and marital counseling especially, and interpersonal and political living in general, that in inability to share more tender feelings, one is his own worst enemy."

(A DESCRIPTIVE STUDY OF THE RELATIONS BETWEEN PREMARITAL COUNSELING AND MARITAL ADJUSTMENT, by Charlotte L. Marletto. Unpublished Master's thesis, Pp. 189, Pepperdine College, Los Angeles, Calif., 1959.)

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Research Notes

ROOMING-IN for newborn babies, has been urged mainly on psychological grounds. Slow progress toward this ideal may be reinforced by the discovery that rooming-in also lessens the spread of infections, which have become a serious hospital problem. In a Glasgow maternity hospital with two rooming-in wards as well as an old fashioned nursery, Dr. A. D. T. Givan told an international meeting, the incidence of serious staphylococcus infections was only half as great in the private rooms, which had also cut minor epidemics by two-thirds.

LEFT-HANDEDNESS is most likely to be found in a person whose mother was left-handed and father right-handed, says geneticist Arthur Falek in the *American Journal of Human Genetics* (May, 1959). There is some inherited influence, as well as factors of training, he concludes from a study of 5,000 New York City school children and their parents. Right-handed fathers do not realize what a handicap the left-handedness will be to a child. Hence they make little effort to "shift over" the youngster who has that tendency. Left-handed fathers, however, will try hard to prevent the child from growing up to be like father.

NEGRO POPULATION of the U.S.A. is now increasing rapidly, especially in the northern cities to which many negroes have migrated in the last decade. This is associated with a marked decline in childlessness, supposed to be partly due to control of venereal diseases. *Population Bulletin* (November 1958).

MONGOLOID DEFICIENCY in children has long been one of the most obscure forms of mental defect. The only fact thoroughly established is that such children are likely to be born to older mothers. Possibility of a breakthrough toward better understanding is offered by an English geneticist, C. E. Ford, who finds that such defectives as he has studied have an extra chromosome, which may be the cause of their abnormal development.

THE HIGHER INCIDENCE of congenital malformation in children born to mothers aged 42 and over, may be partly due to mutations caused by ionizing radiation. Older mothers, reported *Nature* (18(4622) 1958) have a greater accumulation of both natural and artificial radiation, and thus are more likely to bear malformed children.

AMERICAN FAMILIES have grown in number and size during the past ten years, according to estimates by the Bureau of the Census. Between 1948 and 1958 the number of husband and wife families increased by 5¾ million.

During those years the number of families with 3 children under 18 increased 68 percent. Also during that decade, the number of couples with four or more children, doubled. Most of these increases occurred from 1953 to 1958. *Statistical Bulletin,* Metropolitan Life Insurance Company (April, 1959).

POSTPONEMENT of the first pregnancy after the age of physical maturity is reached (about 25 years), increases the chances of stillbirth, sterility and difficulty in labor. The incidence of spontaneous delivery (in less than 24 hours) falls from 80 percent in women under 20 to 26 percent in those over 35. The incidence of labor lasting more than 48 hours rises from 2 percent in the youngest women, to 8 percent in the oldest group. According to Baird, Hytten and Thomson in *Journal of Obstetrics and Gynaecology of the British Empire (Dec. 1958).*

ALCOHOLISM more than any other psychic disorder, is correlated with marital upsets. Two separate studies (one at the Massachusetts General Hospital and the other at the New England Hospital's Alcoholism Unit) revealed that alcoholics had a "marriage casualty" rate of about 45%. *Quart. Jour. Stud. Alcohol* (193, 1958).

COMPULSORY PREMARITAL EXAMINATION for syphilis should be abolished, John R. Haserick of the Cleveland Clinic told the Chicago Medical Society. "Such laws may have been of value in the days when syphilis was prevalent, but today they are failing to uncover infectious cases. Moreover, one-fourth of the positive tests are false positive. The resulting unnecessary suspicions lead to untold misery." On the other hand, he added, compulsory testing of pregnant women should be continued, as well as contact case-finding, which he described as "the best single method we have of tracking down and stamping out syphilis."

SOME 400,000 pregnant women will be studied in the next six years as part of the U.S. Public Health Service's program to determine the causes of neurological disorders in children. Cerebral palsy (a muscular paralysis due to damage of the brain or spinal cord), mental retardation and other neurological disorders are believed to appear in the prenatal period, for at that time the brain is particularly sensitive to damage. The obstetrical care of the mother and history of the child's first month will be intensely studied along with the genetics, immunological characteristics and socio-economic background of the parents and family. The study will continue into the child's sixth year. About 1,000 mothers have volunteered since Jan. 1 this year. *Science News Letter* (June 13, 1959).

CHILDLESSNESS is most frequent among college-educated women, women whose husbands are in the white collar occupations, women who are in the labor force, and women whose husbands are in the lower income levels. These are the conclusions (from Census records) of Wilson H. Grabill and Paul C. Glick. *Milbank Memorial Fund Quarterly* (Jan., 1959).

X-RAYS can cause sterility in the unborn child of an expectant mother, reports a group from the Oak Ridge National Laboratories. The human reproductive glands they declare, are particularly susceptible to radiation just when they reach full development, a period attained slightly before birth. *Science News Letter* (May 16, 1959).

Notes From the AIFR

THE INSTITUTE'S twelfth annual Workshop in the Techniques of Counseling (August 3-15) was the largest and most successful to date, attracting nearly 100 registrants from Canada and 23 states, including Alaska. Among the professions represented were child guidance, counseling, the law, medicine, the ministry, nursing, social work, and teaching (on both the high school and college levels). Clergymen from 14 Protestant denominations as well as Catholic priests and a Jewish rabbi were in attendance, as were a number of chaplains from the military services and from hospitals. Abstracts of the 27 lectures given are available at $3.00 a set.

ROSWELL H. JOHNSON, Ph.D., Director of the Department of Counseling, and Mrs. Johnson have returned from a month's tour of South America where they had an opportunity to observe some of the work being done in the field of family life education. In Lima they met Senator Irene Silva de Santolalla, the first and only woman senator in Peru. Some years ago she started a school for family life education and marriage, patterned, she says, after the AIFR. Originally a private, non- profit enterprise, this institute is now largely subsidized by the state. Senator Santolalla has had an especially good response to premarital counseling. In other South American cities Dr. Johnson found keen interest in the promotion of legislation to provide blood tests and to institute a waiting period prior to marriage.

THIS YEAR marks the completion of a quarter of a century of training in marriage counseling, offered by the American Institute of Family Relations to qualified men and women interested in the subject. The first course was given in 1934 under the leadership of Donald P. Wilson, who is at the present time Director of Research at the AIFR. Dr. Wilson carried this for 15 weeks with great success, and similar courses of greater or less length have been given ever since then. The Institute has given specific training in the techniques of marriage counseling to more persons than have all the other agencies in North America put together.

CLASSES in childbirth training for expectant mothers are now being held in Pasadena, Redondo Beach, and the San Fernando Valley as well as at the Institute headquarters where three groups are now in progress. The Parentcraft series, for both fathers and mothers to-be, meets only at the Institute. These evening programs include motion pictures with discussions led by obstetricians, pediatricians, and psychologists.

ARNOLD KEGEL, M.D., has resumed his seminar at the Institute on the physiology of reproduction. Dr. Kegel, who is associate professor of clinical medicine at U.S.C., is also consultant in physiology in the AIFR Research Department. He is particularly known for his work on the understanding of the pubococcygeus muscle in the female vagina,—one segment of which is normally the main factor in woman's sexual satisfaction.

AIFR'S EDUCATION DEPARTMENT under the direction of Dr. Richard H. Klemer has scheduled three five-week courses for this fall. The first, *Less Work, More Fun For Homemakers* (Sept. 23 to Oct. 21) teaches ways to make housekeeping easier and less

time-consuming. *Your Social Effectiveness* (Oct. 21 to Nov. 18)—how to develop closer relationships with other people. And *Preparation For Marriage,* a new course given especially for those looking forward to marriage. Interested persons should write or phone Mrs. Leslie Kimmell at the Institute, 5287 Sunset Blvd., Los Angeles 27, Calif., HOllywood 5-5131.

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Around the World

TRADITIONALLY, French marriages have been based on a formal legal contract specifying the financial and other interests of the partners, but Jean Champion, in a recent survey, declares that 85% of marriages are now entered into without such contract.

GOVERNMENT ALLOWANCES to families with children are payable in 38 countries, and health and maternity insurance programs exist in 59, according to a survey made by the U.S. Social Security Administration.

SPREAD OF STERILIZATION in India is rapid, but it is also characterized by a great deal of incompetent surgery, especially in the performance of vasectomies, according to a writer in the *Journal of Family Welfare* (Bombay, Dec., 1958).

FRANCE has proceeded more slowly than some other European countries in creating a professional marriage counseling service; but the Association des Conseils Familiaux Francais (91 avenue de Wagram, Paris 17) has set up standards for selection and training of specialists. Candidates must have the highest mental and moral qualifications and have themselves had experience of successful marriage. Much weight is naturally placed on adaptability, empathy, and the knowledge of how to create rapport with the client. They are given special training in sociology, and psychology including a good deal of depth psychology, and have facilities for consultation with all sorts of specialists, "medical, legal, social, and spiritual." At present the Association has two centers in operation in Paris.

REMARRIAGE AFTER DIVORCE seems to be more successful in Great Britain than in America. A rough calculation published in *Marriage Guidance* (Apr., 1959) shows that one person in 346 was divorced after a first marriage, one in 50 of the divorcees had had a previous divorce, and one in 856 of the divorcees had been previously married and widowed. The bulletin speculates on the apparent high success of widows and widowers in their second marriages: "Perhaps they have learned by experience. Perhaps they have found loneliness worse than anything. Perhaps middle age has tamed the fever of the blood. Perhaps they merely expect less. Who knows?"

HOSPITAL BIRTHS in the Belgian Congo rose 73% between the years 1952 and 1956. *Familles dans le monde* (Dec. 1958).

WOMEN BEGIN to menstruate between the ages of 13 and 14, and marry at the average age of 17, in India, according to a survey made in the Delhi School of Economics.

LATEST SOVIET CENSUS finds twice as many women as men between the ages of 32 and 50—presumably due mainly to huge losses of manpower in war. This imbalance of the sexes obviously has far-reaching effects.

MOTHERS' DAY has become acclaimed in Italy, the first city to observe it officially being Bordighera, on May 13, 1956.

NEW BOOKS IN BRIEF REVIEW

FAMILIES IN TREATMENT, by Erika Chance. Pp. 234, price $5.50 from Basic Books, 59 Fourth ave., New York 3, N.Y., 1959.

When children are in such difficulties as to need help at a child guidance clinic, it is assumed that the parents are usually to blame—that the fault lies in the family pattern. How far is this true and what shall we do about it? Such questions as these formed the reason for a five-year research by Dr. Chance, San Francisco psychologist. She has brought together some interesting findings and important, even though tentative, conclusions. Influence of the mother is of first importance. In many instances not merely the child but also the husband was overdependent on mama. One of the significant factors in treatment proved to be the optimism of the therapist (social worker, psychiatrist, or other). Those who believed in the patient's ability to improve were likely to get improvement! Experienced workers were more optimistic; it was the inexperienced therapist who believed neither in the ability of the patient nor in his own, who reported failure. Judgment of clinicians on such points as the difficulty of the case and the nature and amount of change, often were erroneous.

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INTEGRITY FOR TOMORROW'S ADULTS, by Blanche Carrier. Pp. 182, price $3 from Thomas Y. Crowell Co., 432 Fourth ave., New York 16, N.Y., 1959.

If anyone doubts that today's culture is forcing young people into undesirable patterns, the evidence that Dr. Carrier presents will open his eyes. The author, discussing in detail the traits of the morally educated individual, enumerates five of them: (1) conscience, or convictions of right and wrong, (2) a concern for others, (3) emotional control, (4) courage to abide by convictions, and (5) the sense of personal responsibility. A good example to be set by parents is of course fundamental; but beyond this the author gives specific suggestions and illustrations of the ways in which these five characteristics, and others like them, can be developed in the home and in the community. Dr. Carrier has combined psychology and religious education in several previous books and in her own academic career. At present she is minister of education at the First Methodist church, Fullerton, California.

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GOD AND FREUD, by Leonard Gross. Pp. 215 (no index), price $3.95 from David McKay Co., 119 W. 40th st., New York 18, N.Y., 1959.

According to Mr. Gross, good religion and good psychology are interrelated—religious leaders can use modern psychological approaches to help troubled members of their congregations. As examples, the author selects a Jewish rabbi, a Protestant minister and a Jesuit priest. Each of these relates his own experiences in guiding and counseling his followers. All of which results in a lively, easily read book, but leaves something to be desired in the nature of factual or research information.— Keith N. Rholl, B.D.

CINCO ENSAYOS SOBRE LA VIDA SEXUAL, by Jose Chelala. Pp. 146 (paper covers, no index), from the University of Habana, Cuba, 1959.

In these five essays on sexual life, one of Cuba's most distinguished gynecologists discusses sexuality, virginity, prostitution, homosexuality, and sexual inadequacy and frigidity in women —problems of importance in every part of the world. His list of 179 references provides a valuable index to some of the most important current literature on the subject in Spanish.

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FAMILY LIFE DEVELOPMENT, by Evelyn Millis Duvall. Pp. 533, price $7.50 from J. B. Lippincott Co., East Washington Square, Philadelphia 5, Pa., 1957.

The central concept of this book is that individuals and families "grow through predictable stages of development" which can be described well enough to help someone measure his progress through the various cycles of development. The author outlines in a chart the developmental tasks of the individual in ten categories of behavior. Familiarity with Dr. Duvall's concepts will help parents, teachers, counselors and other guidance leaders, by giving them an effective intellectual tool.—Harold G. Ronning, Ph.D.

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THE MAGIC YEARS, by Selma H. Fraiberg. Pp. 305, price $3.95 from Charles Scribner's Sons, 597 Fifth ave., New York 17, N.Y., 1959.

Both scientific and practical, creative and humorous, *The Magic Years* makes the parent feel prepared to meet the problems of child-rearing. Mrs. Fraiberg declares, "that parents need not be paragons; they may be permitted to err in the fashion of the species, to employ sometimes a wrong method or an unendowed technique, and still have an excellent chance of rearing a healthy child." The early appearance of fear, anxiety, imagination and intellect are dealt with so that the parent can enter the child's world and thus guide his thinking into constructive channels. The author who is now associate professor of social casework at Tulane University, has made a delightful and authentic contribution to handling the problems of early childhood.—Ruth B. Michaelson, M.A.

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THE AMERICAN SYSTEM, by Sister Frances Jerome Woods, C.D.P. Pp. 585, price $6.50 from Harper Bros., 49 E. 33rd st., New York 16, N.Y., 1959.

"The family constitutes a social system which is influenced by other social systems and which in turn leaves its impress upon them." Sister Woods takes a multidisciplinary approach relating the American family at each stage of its life cycle to other social systems — church, state, economy, school. While frequent mention is made of the Roman Catholic view, there appears to be no strong or intended religious bias. There is, however, considerable care to clarify and substantiate Catholic thought on such controversial issues as birth control by citing long passages from various encyclical letters. Sister Woods appeals to Catholic authority as stating "a clear family code" and implies that things would be better for the family if this authority were more widely acknowledged. There is much to be said in

favor of the text because of the breadth of information and the skill evidenced in organizing and presenting a great deal of material from various approaches. Sister Woods is associate professor of sociology and social work at Our Lady of the Lake College in Texas.—P. R. Acker.

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INVINCIBLE FORCES: our amazing capacity to achieve inner peace and personal power, by Willard L. Russell. Pp. 433, price $4.50 from Foundation Publishers, Adams Petroleum Center, Houston 25, Texas, 1959.

This book expounds the RPC philosophy,—letters standing for Religion, applied Psychology, and Common sense. Its author is a lawyer and business man who also has a Master's degree in psychology and has written and lectured widely on the subject. A previous book by him is called *Peace and Power Within.* In the new book Mr. Russell presents a detailed and practical discussion of his important subject, in a readable and immediately applicable form.

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THE NEW PSYCHIATRY, by Nathan Masor. Pp. 154, $3.75 from Philosophical Library, 15 E. 40th st., New York 16, N.Y., 1959.

After a detailed and extremely intemperate attack on "orthodox" psychiatrists, psychoanalysts, and psychotherapists, Dr. Masor describes his own treatment of mental diseases of all sorts, to which he has given the name of Psychocrinology. He administers a preparation of thyroid extract with vitamins. This is followed by his own brand of psychotherapy. It calls for active and energetic efforts to help the patient develop his own skills and build up more belief in himself, in an environment that is as nearly normal as possible. Dr. Masor, who is described as a practicing physician and surgeon in New York City, scores a good many points with common sense, but many readers will dislike his vituperative abuse of all his competitors!

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WHY YOU ARE YOU, by Amram Scheinfeld. Pp. 171, price $3.50 from Abelard-Schuman, 404 Fourth ave., New York 16, N.Y., 1959.

Trying to explain the complexities of human development to pre-teen children is indeed an ambitious task. Amram Scheinfeld, the well known popular science writer has attempted it. He has written a book for 8 to 12 year olds touching on the biology of humans and the relationships between individuals (family, nationality, race, behavior). While Mr. Scheinfeld states the basic principles of heredity and human associations clearly enough, he falls short at explanations. When elaborating on the fundamentals, he tends toward anthropomorphism and inaccuracy due to over simplification.—Yvonne Hessler, M.S.

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CHILD WELFARE: principles and methods, by Dorothy Zietz. Pp. 384, price $5.50 from John Wiley & Sons, 440 Fourth ave., New York 16, N.Y., 1959.

College textbook by the associate professor of social welfare at Sacramento (Calif.) State College.

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CHILDREN ARE PEOPLE, by Emily Post. Pp. 36, price $3.50 from Funk & Wagnalls, 153 E. 24th st., New York 10, N.Y., 1959.

Revision of a popular book for parents, first published in 1940.

MARRIAGE AND FAMILY LIFE: A Jewish View, ed. by Abraham B. Shoulson. Pp. 299 (no index), price $4.50 from Twayne Publishers, New York 3, N.Y., 1959.

Anthology of 36 contributions from outstanding writers in the field. Dr. Shoulson is director of the adult Jewish education program of the Greater Chicago Council of B'nai B'rith and chairman of the Commision on Family Life of the Chicago region of the Rabbinical Assembly of America.

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HOW TO HELP YOUR CHILDREN, the Parents Handbook. Pp. 640 price $4.95 from Sterling Pub. Co., 419 Fourth ave., New York 16, N.Y., 1959.

Reprint in collected form and hard covers of 16 pamphlets previously issued by Science Research Associates as popular pamphlets.

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LET'S HAVE HEALTHY CHILDREN, by Adelle Davis. Pp. 314, price $3.60 from Harcourt, Brace & Co., 750 Third ave., New York 17, N.Y., 1959.

Revised edition (first in 1951) by the popular writer on nutrition, author of *Let's Eat Right To Keep Fit* and other books. Half the book is devoted to pregnancy and infancy. Adelle Davis devotes much attention to psychotherapy as well as to the vitamins and minerals with which her name is commonly associated.

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Other Books Received

MY UNWELCOMED GUESTS, by Frederick S. Baldi. Pp. 219 (no index), price $3.95 from J. B. Lippincott Co., East Washington Square, Philadelphia, Pa., 1959.—Memories of a prison administrator.

THE BOY FROM MCGREGOR, by Leroy Lee Muncy. Pp. 186 (no index), price $3 from Greenwich Book Publishers, 489 Fifth ave., New York 17, N.Y., 1959.

INVESTING FOR A SUCCESSFUL FUTURE, by Thomas E. Babson and David L. Bason. Pp. 312, price $4.95 from the Macmillan Co., 60 Fifth ave., New York 11, N.Y., 1959.

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Inexpensive Pamphlets

ALL CHILDREN HAVE GIFTS, by R. L. Schiefesbusch. Pp. 35, price 25c from Bureau of Child Research, University of Kansas, Lawrence, Kansas.

GROUP METHODS IN THERAPY, by Jerome D. Frank, M.D. Pp. 28, price 25c from the Public Affairs Committee, 22 E. 38th st., New York, N.Y.

EASTER SEAL RESEARCH FOUNDATION. Pp. 40 from National Society for Crippled Children and Adults, 2023 W. Ogden ave., Chicago 12, Ill.—A report of research projects in the field of crippling diseases.

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THE INEFFECTIVENESS OF ARREST was emphasized in a discussion of "The Police Role In The Juvenile Field" by Henry Mulhearn, administrative director of the New York State Youth Commission. In the case of a juvenile's first offense, "the police approach must be individualistic," he said. If they are to do their best work, they must recognize the differences between children that get into trouble.

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THE DIRECT COST of mental illness is $1,700,000,000 a year to public and private purses. Computed by Dr. Rashi Fein, associate professor of economics at the University of North Carolina.

DON'T LET ANY YOUNG MAN

go into the Armed Services or industry, without preparation to meet new attitudes toward sex, lax standards of personal ethics, and possibilities of exploitation that he is certain to encounter. The Institute's pamphlet No. 23,

BUILDING SEX INTO YOUR LIFE

was prepared particularly to help these young men (and it is equally valuable for young women!) Chaplains ordered it by the thousand, during the last war. It is required reading in many high schools. Dr. S. R. Laycock, head of the department of psychology at the University of Saskatchewan and former president of the Canadian Federation of Home and School says:

> "I wish that a copy of Popenoe's **Building Sex Into Your Life** could be placed in the hands of **every** young man of sixteen years of age and over. It would save many from inadequate conceptions of love and marriage—conceptions which lead them to disaster. Those who object to the straight-forwardness of this pamphlet should consider the kind of sex information now received—information that is usually mis-information but at best shrouded in wrong attitudes towards love and marriage."

If you know a young man who is going into the service, give him a copy of this pamphlet. If you are associated with any boys' club, any class or society of young men, see that each one has a copy. It will help them to understand themselves and to understand others.

The price is only 25c per copy;
$2.50 per dozen, or $15 per 100.

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